

**FREEMAN  
COMMUNITY CENTER**  
1205 Freeman Ave.  
562.570.8688



City of Long Beach Department of Parks, Recreation & Marine  
Community Recreation Services

# JANUARY 2020



Our Teen Program is committed to maintaining a safe and productive environment for youth participants. Join our enthusiastic and dedicated Recreational Leaders for this structured program.

*This is a free non-custodial drop-in program for youth 13-18 years of age.*

*Participants are required to Sign In at front office.*

**Monday — Friday**  
**3:00pm - 7:00pm**

## Program Activities

Homework Assistance  
Fitness Room\* & Personal Training  
Community Service Projects  
Archery Team  
Video Games & Tournaments  
Pool Table  
Basketball Court  
Sports Teams and Tournaments  
Field Trips\*  
Teen Talk Discussions

- Career Readiness
- College Prep
- Trade School
- Health & Wellness

*\*Waivers Required*  
*Field Trips are first come/first served*

THEME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>FREE SNACK</b> <i>served at</i> <b>4:30 &amp; 6:00 pm</b> 	 <b>MARTIN LUTHER KING JR.</b> 1929 1968 <b>January 20</b>	 <b>CHINESE NEW YEAR</b> <b>January 25</b>	1 <b>Teen Talks</b> New Year Thoughts & Plans  <b>Design Club</b> Interior Painting Main Room	2 <b>Art</b> Chenille Stem Daisy Rings  <b>Fit Club</b> 4:00 - 6:00	3 <b>Design Club</b> Interior Painting Main Room  Board, Video & Card Games
<b>Chefs Club</b> Learn to make simple healthy meals 	6 <b>Court Games</b> 	7 <b>Art</b> MLK Jr. Handprint Wall  <b>Chefs Club</b> Chili Day	8 <b>Design Club</b> Interior Painting Main Room 	9 <b>Art</b> Bookmarks  <b>Fit Club</b> 4:00 - 6:00	10 <b>Design Club</b> Interior Painting Main Room  Board, Video & Card Games
<b>Design Club</b> Assist painting interior rooms	13 <b>Court Games</b> 	14 <b>Art</b> MLK Jr. Handprint Wall  Board, Video & Card Games	15 <b>Design Club</b> Interior Painting Main Room 	16 <b>Art</b> Cherry Blossoms  <b>Fit Club</b> 4:00 - 6:00	17 <b>Design Club</b> Interior Painting Main Room  Board, Video & Card Games
<b>Fit Club</b> Utilize our Weight Room & Personal Trainer	20 <b>HOLIDAY</b>  <b>Closed</b>	21 <b>Art</b> Popsicle Stick Coasters  Board, Video & Card Games	22 <b>Design Club</b> Interior Painting Main Room 	23 <b>Art</b> Chinese New Year Craft  <b>Fit Club</b> 4:00 - 6:00	24 <b>Design Club</b> Interior Painting Main Room  Board, Video & Card Games
	27 <b>Court Games</b> 	28 <b>Art</b> Yarn Butterflies  <b>Chefs Club</b> Soup Day	29 <b>Design Club</b> Interior Painting Main Room 	30 <b>Art</b> Craft Stick Wreath  <b>Fit Club</b> 4:00 - 6:00	31 <b>Design Club</b> Interior Painting Main Room  Board, Video & Card Games